

intermittent fasting and running

Intermittent Fasting and Running: A Comprehensive Guide

intermittent fasting and running represents a potent combination for individuals seeking to enhance their athletic performance, optimize body composition, and improve overall metabolic health. This synergy, while potentially beneficial, also presents unique challenges and considerations that must be understood for safe and effective implementation. This article delves deep into the science behind combining these two popular health strategies, exploring the physiological adaptations, potential benefits, crucial considerations, and practical approaches for runners. We will examine how different fasting protocols interact with training regimens, discuss the impact on energy availability and recovery, and provide guidance on optimizing nutrition and hydration to support your running goals while practicing intermittent fasting. Navigating this intersection requires a nuanced understanding of fueling, adaptation, and listening to your body's signals.

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What is Intermittent Fasting?

Intermittent fasting (IF) is not a diet in the traditional sense, but rather an eating pattern that cycles between periods of voluntary fasting and non-fasting. It focuses on when you eat rather than what you eat. This approach aims to leverage the body's natural metabolic processes, encouraging it to switch from using readily available glucose for energy to tapping into stored fat reserves. By restricting the eating window, individuals can promote various physiological changes, including improved insulin sensitivity and cellular repair mechanisms, often referred to as autophagy.

The core principle behind intermittent fasting is to give the digestive system a rest and allow the body to enter a fasted state, where hormone levels shift to facilitate fat burning. This metabolic flexibility is a key factor that attracts many to IF, alongside its potential for weight management and cognitive benefits. Understanding the fundamental concept of time-restricted eating is the first step in exploring its application to athletic pursuits like running.

Types of Intermittent Fasting Protocols

Several popular intermittent fasting methods exist, each offering a different structure for incorporating fasting periods into one's daily or weekly routine. The choice of protocol often depends on individual lifestyle, training schedule, and personal preference. Each method has its own implications for energy availability and nutrient timing, which are critical for runners.

The 16/8 Method

The 16/8 method is perhaps the most common and accessible form of intermittent fasting. It involves fasting for 16 hours each day and restricting the eating window to the remaining 8 hours. For most people, this means skipping breakfast and eating their meals between noon and 8 PM, for example. This protocol is generally considered sustainable and easy to integrate into a busy lifestyle, allowing for three meals within the designated eating window.

The 5:2 Diet

The 5:2 diet involves eating normally for five days of the week and restricting calorie intake to around 500-600 calories on the remaining two non-consecutive days. This approach is a form of intermittent calorie restriction rather than strict time-restricted eating. The two low-calorie days can be challenging and require careful planning to ensure adequate nutrient intake, especially for active individuals.

Eat Stop Eat

Eat Stop Eat is a more aggressive form of intermittent fasting that involves a 24-hour fast once or twice a week. For instance, one might finish dinner on Monday and not eat again until dinner on Tuesday. This method requires significant discipline and can be more demanding for athletes, particularly those with high energy expenditure needs. Recovery and energy levels on the days following a 24-hour fast are key considerations.

Alternate-Day Fasting

Alternate-day fasting involves alternating between days of normal eating and days of severe calorie restriction or complete fasting. This pattern can be quite demanding and is generally less recommended for individuals engaged in regular, intense exercise due to the consistent deficit in energy availability. It requires very careful management to avoid overtraining and under-fueling.

The Physiological Impact of Fasting on Runners

Fasting can induce significant physiological changes that directly impact an athlete's performance. When the body is in a fasted state, typically after 12-16 hours without food, it begins to deplete its glycogen stores. This prompts a shift towards using fat as a primary fuel source, a process known as fat oxidation. For runners, particularly those undertaking longer endurance events, enhancing the body's ability to burn fat can be advantageous.

Hormonal changes also play a crucial role. Insulin levels decrease during fasting, which promotes lipolysis (the breakdown of stored fat). Conversely, growth hormone levels may increase, aiding in muscle repair and growth. Furthermore, fasting can improve insulin sensitivity, meaning the body's cells become more responsive to insulin, leading to better blood sugar regulation. However, these adaptations require time and can be influenced by the intensity and duration of exercise.

The interplay between fasting and exercise can also influence mood and cognitive function. Some individuals report increased mental clarity and focus during fasting periods, which can be beneficial for race day concentration. However, others may experience fatigue, irritability, and difficulty concentrating, especially during the initial adaptation phase.

Benefits of Intermittent Fasting for Runners

The combination of intermittent fasting and running can unlock several potential benefits for athletes. One of the most sought-after advantages is improved body composition. By promoting fat oxidation and potentially reducing overall calorie intake through shorter eating windows, IF can aid in losing excess body fat while preserving lean muscle mass, which is crucial for runners. This can lead to a lighter frame, which is often beneficial for speed and efficiency.

Another significant benefit is enhanced metabolic flexibility. This means the body becomes more adept at switching between burning carbohydrates and fats for energy. For endurance runners, this is particularly valuable, as it allows them to tap into their fat stores more efficiently during long runs, potentially sparing

glycogen and delaying fatigue. This can lead to improved endurance performance and a reduced "bonking" sensation.

Intermittent fasting may also contribute to improved insulin sensitivity. Better insulin sensitivity means the body can manage blood sugar more effectively, which can lead to more stable energy levels throughout the day. This can be particularly helpful for runners who might experience energy crashes or fluctuations when relying solely on frequent carbohydrate intake. Additionally, some research suggests that IF may promote cellular repair processes like autophagy, which could aid in recovery and longevity.

- Improved body composition and fat loss
- Enhanced metabolic flexibility for better fat utilization
- Increased insulin sensitivity for stable energy levels
- Potential for improved cellular repair (autophagy)
- May contribute to reduced inflammation

Potential Challenges and Risks of Intermittent Fasting for Runners

While the benefits are compelling, it is crucial to acknowledge the potential challenges and risks associated with combining intermittent fasting and running. For runners, maintaining adequate energy availability is paramount for performance and recovery. Undertaking intense or prolonged training sessions while in a fasted state can lead to significant energy deficits, potentially resulting in impaired performance, increased fatigue, and a higher risk of injury. The body may struggle to meet the high energy demands of running when fuel sources are restricted.

Another significant concern is the risk of nutrient deficiencies. With a compressed eating window, it can be challenging to consume all the necessary vitamins, minerals, and macronutrients required to support the demands of running. This is especially true if the chosen eating window consists primarily of processed or nutrient-poor foods. Hydration is also a critical factor, and ensuring adequate fluid intake during the non-fasting period is essential to prevent dehydration, which can severely impact performance and health.

Furthermore, hormonal imbalances can occur, particularly for female runners. For some, prolonged fasting or significant calorie restriction can disrupt menstrual cycles, leading to amenorrhea, which has long-term

health consequences. Overtraining syndrome can also be exacerbated by insufficient fueling and recovery, which are both vital for runners. Listening to the body and making necessary adjustments to the fasting protocol or training schedule is key to mitigating these risks.

- Risk of impaired performance due to low energy availability
- Potential for nutrient deficiencies
- Challenges in maintaining adequate hydration
- Risk of hormonal imbalances (especially in female athletes)
- Increased susceptibility to overtraining and injury

How to Combine Intermittent Fasting and Running Safely

Successfully integrating intermittent fasting with a running routine requires a strategic and individualized approach. The first step is to choose a fasting protocol that aligns with your training schedule and lifestyle. For many runners, the 16/8 method or a similar time-restricted eating approach is often the most manageable, allowing for meals around training sessions. It's generally advisable to avoid fasted training during intense or long runs, especially when first starting.

Timing your runs relative to your eating window is crucial. Many runners find it beneficial to train during their fasted state for shorter, less intense runs if they feel comfortable doing so, and then replenish with a meal shortly after. Alternatively, consuming a carbohydrate-rich meal or snack 1-3 hours before a run can provide the necessary fuel, with the fasting period commencing after the run and subsequent meals. For very long or intense runs, a pre-run meal is almost always recommended to ensure adequate energy.

Gradual adaptation is key. Avoid drastically changing your diet or training regimen overnight. Start by gradually extending your fasting periods and observe how your body responds. Pay close attention to energy levels, recovery, and overall well-being. If you experience persistent fatigue, poor performance, or any adverse symptoms, it may be necessary to adjust your fasting window, shorten your fasting days, or reconsider the protocol altogether. Consulting with a sports dietitian or a healthcare professional experienced in sports nutrition can provide personalized guidance.

Optimizing Your Eating Window for Runners

The non-fasting or eating window is where you will refuel and rehydrate. For runners practicing intermittent fasting, this window is critical for providing the energy and nutrients needed to support training, recovery, and daily bodily functions. Prioritizing nutrient-dense foods is essential to ensure you meet your micronutrient and macronutrient needs within a compressed timeframe. This means focusing on whole, unprocessed foods that offer a good balance of carbohydrates, proteins, and healthy fats.

Within your eating window, strategically plan your meals to fuel your runs. If you run in the morning, you might have a light, easily digestible snack before your run and then break your fast with a substantial meal containing carbohydrates and protein shortly after. If you run in the evening, you'll want to ensure your pre-run meal is well-timed and that your post-run meal adequately replenishes your stores. Post-run nutrition should focus on protein for muscle repair and carbohydrates to restore glycogen. Aim for a combination of complex carbohydrates (like whole grains, fruits, and vegetables) and lean protein sources (like chicken, fish, beans, or tofu).

Pre-Run Fueling Strategies

When running within or near your fasting window, careful pre-run fueling is paramount. If you are running in a fasted state, especially for longer distances, consider consuming a small, easily digestible source of carbohydrates about 30-60 minutes before your run. This could be a small banana, a few dates, or a small sports drink. This will provide a quick energy boost without significantly breaking your fast or causing digestive distress. The goal is to provide just enough readily available energy to perform without overwhelming your system or triggering a strong insulin response that could hinder fat burning during the run.

For runs that occur later in your eating window or shortly after a meal, focus on a balanced pre-run meal that includes complex carbohydrates for sustained energy and a moderate amount of protein. Avoid high-fat or high-fiber foods immediately before a run, as they can slow digestion and potentially lead to discomfort. Experiment with different pre-run fueling strategies during training to identify what works best for your digestion and performance. Never try a new fueling strategy on race day.

Post-Run Recovery Nutrition

Replenishing energy stores and repairing muscle tissue after a run is crucial, especially when practicing intermittent fasting. The post-run period is a prime opportunity to maximize nutrient absorption. Aim to consume a meal or snack containing both carbohydrates and protein within 30-60 minutes of finishing your run. This post-exercise window is when your muscles are most receptive to nutrient uptake for glycogen

replenishment and muscle protein synthesis.

Good recovery options include smoothies with protein powder and fruit, Greek yogurt with berries, chicken breast with sweet potatoes, or a balanced meal incorporating lean protein and complex carbohydrates. Ensure your overall daily intake within your eating window is sufficient to cover your training demands. If your eating window is narrow, it might be necessary to consume larger, more calorie-dense meals to meet your needs. Adequate protein intake is vital for muscle repair and adaptation, while carbohydrates are essential for restoring muscle glycogen levels.

Nutrition Strategies for Fasting Runners

Effective nutrition strategies are the bedrock of safely and successfully combining intermittent fasting and running. The primary goal is to ensure you are adequately fueling your body for the demands of your training while adhering to your chosen fasting protocol. This involves making smart food choices within your eating window and understanding how to time your nutrient intake to support performance and recovery.

Focus on whole, unprocessed foods that are nutrient-dense. This includes plenty of fruits, vegetables, lean proteins, and healthy fats. Carbohydrates are essential for runners, so ensure your eating window includes sufficient complex carbohydrates like whole grains, quinoa, sweet potatoes, and fruits to replenish glycogen stores. Protein is vital for muscle repair and growth; include sources like lean meats, fish, eggs, dairy, legumes, and plant-based proteins. Healthy fats from avocados, nuts, seeds, and olive oil are also important for hormone production and overall health.

Macronutrient Balance During Eating Windows

Achieving the right macronutrient balance during your eating window is crucial for runners practicing intermittent fasting. While carbohydrates are vital for fueling runs, don't neglect protein and healthy fats. A typical recommendation for endurance athletes is to consume approximately 50-60% of calories from carbohydrates, 20-25% from protein, and 20-30% from healthy fats. However, this can vary based on training intensity, duration, and individual goals.

Within your eating window, ensure you consume adequate protein to support muscle repair and recovery. This could be around 1.2 to 1.7 grams of protein per kilogram of body weight per day, spread across your meals. Carbohydrates should be prioritized around your training sessions, with larger portions consumed before and after runs as needed to replenish glycogen stores. Healthy fats are important for hormone function and satiety, so include them in moderation with meals.

Micronutrient Intake and Supplementation

With a potentially restricted eating window, it's essential to ensure you're getting a full spectrum of micronutrients, including vitamins and minerals. These play critical roles in energy production, immune function, bone health, and muscle function – all vital for runners. Prioritize a wide variety of colorful fruits and vegetables, which are packed with essential vitamins, minerals, and antioxidants. Whole grains, lean proteins, and dairy or fortified alternatives also contribute significantly to micronutrient intake.

While a well-planned diet should ideally provide all necessary nutrients, some runners may benefit from targeted supplementation, especially if they have identified deficiencies or have very specific dietary restrictions. Common supplements for runners include iron (particularly for female athletes), vitamin D, calcium, and omega-3 fatty acids. However, it is always recommended to consult with a healthcare professional or a registered dietitian before starting any new supplement regimen, as they can assess your individual needs and potential interactions.

Hydration for Intermittent Fasting and Running

Proper hydration is non-negotiable for runners, and it becomes even more critical when practicing intermittent fasting. During fasting periods, you are not consuming fluids from food, making it essential to diligently drink water and other non-caloric fluids. Dehydration can lead to a significant drop in performance, increased fatigue, muscle cramps, and heat-related illnesses, all of which can be exacerbated by the metabolic shifts associated with fasting.

The general recommendation for daily water intake is around 2-3 liters, but this can increase significantly for active individuals, especially runners. During your eating window, make a conscious effort to consume ample fluids. Water is the best choice, but unsweetened tea or black coffee can also contribute to fluid intake. Electrolyte-rich beverages may be beneficial after long or intense runs, particularly in hot weather, to replenish lost minerals.

Fluid Intake During Fasting Periods

During your fasting hours, focus on consuming calorie-free fluids to maintain hydration. This includes plain water, sparkling water, black coffee, and unsweetened tea. These beverages can help to curb thirst and may even provide a slight metabolic boost. It is crucial to avoid sugary drinks, caloric beverages, or anything that could trigger an insulin response, as this would interrupt the fasted state. Monitor your urine color; pale yellow indicates good hydration, while dark yellow suggests you need to drink more.

Electrolyte Balance and Replenishment

Electrolytes, such as sodium, potassium, magnesium, and chloride, are crucial for maintaining fluid balance, nerve function, and muscle contractions. Intense or prolonged running, especially in warm conditions, can lead to significant electrolyte loss through sweat. When practicing intermittent fasting, it's important to ensure adequate electrolyte intake, particularly within your eating window.

While most runners can obtain sufficient electrolytes from a balanced diet, those engaged in high-volume training or who are heavy sweaters may benefit from specific electrolyte replenishment strategies. This could involve adding a pinch of sea salt to water, consuming electrolyte-rich foods like bananas (potassium) and leafy greens (magnesium), or using electrolyte supplements, especially after long or particularly strenuous runs. For fasting days, if you feel the need for electrolytes, consider a sugar-free electrolyte tab or a small amount of high-quality sea salt in your water.

Listening to Your Body: Adaptation and Adjustment

The most critical aspect of successfully combining intermittent fasting and running is to listen to your body. Everyone responds differently to fasting and exercise, and what works for one individual may not work for another. The process of adaptation is key; it takes time for your body to adjust to the new eating and training patterns. Be patient and observant, and do not push through persistent fatigue or pain.

Pay attention to your energy levels before, during, and after your runs. Monitor your sleep quality, mood, and overall recovery. If you consistently feel drained, experience a decline in performance, or notice any persistent physical discomfort, it's a sign that your current approach may not be optimal. This might mean adjusting your fasting window, the timing of your meals, or even the frequency or intensity of your runs.

Signs of Over-Fasting or Under-Fueling

Several signs can indicate that you might be over-fasting or under-fueling in conjunction with your running. Persistent fatigue, especially during runs, is a primary indicator. This could manifest as feeling sluggish, having difficulty maintaining pace, or experiencing premature exhaustion. Decreased performance metrics, such as slower times, reduced endurance, or a lack of power, also point towards insufficient fuel availability.

Other signs include increased irritability or mood swings, difficulty concentrating, headaches, dizziness, and increased susceptibility to illness or injury. For female runners, irregular or absent menstrual cycles are a serious concern and a strong indicator that the caloric and metabolic demands of training are not being met.

If you experience any of these symptoms, it's essential to reassess your fasting protocol and nutritional intake.

When to Modify Your Intermittent Fasting Plan

There are specific situations where modifying your intermittent fasting plan is advisable. If you are training for a race, especially a marathon or ultramarathon, you may need to temporarily suspend or significantly alter your fasting protocol during peak training weeks to ensure optimal performance and recovery. Listen to your body during intense training blocks; if you feel depleted, it's a signal to adjust your strategy.

Furthermore, if you notice any of the signs of over-fasting or under-fueling, it's imperative to make changes. This might involve shortening your fasting window, extending your eating window, incorporating a pre-run snack, or even opting for a less restrictive fasting method. For individuals with underlying health conditions, pregnancy, or specific recovery needs, consulting a healthcare professional is always recommended before starting or modifying an IF plan. The goal is to find a sustainable balance that supports both your running aspirations and your overall health.

Frequently Asked Questions

Q: Is it safe for runners to run in a completely fasted state?

A: For some runners, short, less intense runs in a fasted state can be safe and even beneficial for enhancing fat oxidation. However, for longer or more intense runs, it is generally recommended to have some fuel beforehand to ensure adequate energy availability, prevent performance decline, and reduce the risk of injury. Experimentation and listening to your body are key.

Q: How much water should runners drink when intermittent fasting?

A: Runners practicing intermittent fasting need to be particularly diligent about hydration. Aim for at least 2-3 liters of water per day, and increase intake significantly on days with strenuous runs or in hot weather. Monitor urine color as an indicator of hydration levels.

Q: Can intermittent fasting help with weight loss for runners?

A: Yes, intermittent fasting can aid in weight loss by creating a calorie deficit through a restricted eating window and promoting fat oxidation. However, it's crucial for runners to ensure they are still consuming

enough calories and nutrients to support their training and avoid compromising performance or muscle mass.

Q: What are the best foods to eat during the eating window for a runner?

A: Focus on nutrient-dense, whole foods. Include plenty of complex carbohydrates (whole grains, fruits, vegetables) for energy, lean proteins (chicken, fish, beans, tofu) for muscle repair, and healthy fats (avocado, nuts, seeds) for overall health. Prioritize consuming meals and snacks around your training sessions.

Q: Will intermittent fasting negatively impact my marathon performance?

A: It can, if not implemented carefully. For peak marathon training and race day, many athletes find it beneficial to adjust or temporarily suspend strict IF protocols to ensure adequate fueling and recovery. Prioritizing consistent, high-quality nutrition is paramount for marathon success, and severe calorie restriction during intense training can be detrimental.

Q: How long does it typically take for a runner to adapt to intermittent fasting?

A: Adaptation times vary greatly among individuals. Some may feel comfortable within a few weeks, while others may take longer, especially if they are also significantly increasing their training volume. Pay close attention to your body's signals and be patient with the process.

Q: Should I consult a professional before combining intermittent fasting and running?

A: It is highly recommended to consult with a sports dietitian or a healthcare professional experienced in sports nutrition. They can help you create a personalized plan that considers your training load, health status, and individual needs to ensure safety and optimize performance.

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intermittent fasting and running: The Intermittent Fasting Revolution Mark P. Mattson, 2023-04-04 NOT JUST FOR WEIGHT LOSS: A neuroscientist explores the science and history of intermittent fasting, revealing the wide-ranging mental and physical benefits of this time-tested eating pattern. Most of us eat 3 meals a day with a smattering of snacks because we think that's the normal, healthy way to eat. But when we look at the eating patterns of our distant ancestors, we can see that an intermittent fasting eating pattern is normal—and eating 3 meals a day is not. In *The Intermittent Fasting Revolution*, prominent neuroscientist Mark Mattson shows that frequent periods of time with little or negligible amounts of food is not only normal but also good for us. He describes the specific ways intermittent fasting can: • Enhance our ability to cope with stress by making cells more resilient • Improve mental and physical performance • Slow aging and reduce the risk of diseases like obesity, Alzheimer's, and diabetes Mattson—whose pioneering research uncovered the ways that the brain responds to fasting and exercise—explains how thriving while fasting became an evolutionary adaptation; it's not just the latest fad diet for weight loss. He also offers practical advice on adopting an intermittent fasting eating pattern as well as information for parents and physicians.

intermittent fasting and running: The Ultimate Ultra Running Handbook Claire Maxted, 2024-09-12 A practical, accessible training guide for any runner looking to take up the challenge of ultra-running. From runners looking for the challenge of their first ultra running event (anything longer than a marathon distance), to more seasoned long distance runners looking to improve their time or recovery, this book is your must have resource. Packed with training, nutrition, skills, gear and motivation advice - it has all you need to become a more confident ultra runner. This book takes you through the best kit, why to take on an ultra, where to run - both locally and globally, how to get faster and run further, how to find the time to train, training plans from 50k to 160k, as well as advice on overtraining and much more. Completed with inspirational photos, illustrations and case studies from ultra runners of diverse backgrounds, alongside tips and advice from pros and coaches across the sport.

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This book will help you turn your own failures, challenges, and adversities into even greater success.

intermittent fasting and running: Galloway's 5K / 10K Running Jeff Galloway, 2020-10-01 In this book for runners and walkers, Olympian Jeff Galloway offers an easy, timeefficient training method for a 5K or 10K. By using Galloway's proven Run Walk Run® method, every runner will gain control over fatigue while reducing or eliminating aches and pains. The detailed training schedules help beginners finish each training session strong, and the time goal programs help advanced runners shave time off their finishes. In addition to the training plans, Galloway provides easy-to-read advice on medical checkups, nutrition for runners, fat-burning workouts, choosing appropriate running shoes, and how to stay motivated. With the race day checklist, every runner will be prepared for the big day, reducing the stress that happens before the first race. With this book, all runners, at any level, will reduce fatigue and finish each race strong!

intermittent fasting and running: The Complete Guide to Running Earl W. Fee, 2005 In The Complete Guide to Running, the secrets of Earl Fee, a world master's champion, are revealed that helped him achieve over 30 world records in running. This material is supported by hundreds of references. Fifteen chapters explain how to improve general physical and mental fitness with major emphasis on mental training, nutrition, physiology, inspiration, and motivation. Ten chapters reveal the how and why of running training for sprinting, middle and long distance, hurdles, and running in the pool. Athletes from 9 to 90 will benefit from this information since all are bound by the same training principles. Precautions and training are explained for the extreme young and old.

intermittent fasting and running: Ultra Running Oliver Scott, AI, 2025-03-10 Ultra Running explores the extreme world of ultra marathons, races exceeding 26.2 miles, by examining the vital components needed for success: training, physiology, and mental fortitude. This book argues that excelling in ultra running isn't just about natural talent but a combination of strategic training and mental resilience. One intriguing fact is how athletes adapt their cardiovascular systems to handle prolonged exertion. Another is the use of specific mental strategies to combat pain and fatigue during these grueling events. The book progresses logically, beginning with an introduction to ultra running and its challenges. It then explores training methodologies like periodization and strength training, physiological adaptations such as muscle fiber changes, and psychological aspects, including mindfulness and goal setting. Ultra Running provides a balanced view by integrating sports psychology, exercise physiology, and nutrition science. This makes it unique, offering actionable advice, training plans, and nutrition guidelines applicable to runners and coaches alike.

intermittent fasting and running: Introduction to Science of Fasting for Healthy Body Ram Babu Sao, 2025-05-20 Fasting has been used for the body to get rid of waste buildup and also for religious and spiritual purification for centuries. Nearly every religious text from the Old and New Testaments of the Upanishads as well as Bible to the Quran, calls upon followers to fast periodically as a rite of spiritual purification, penitence, or preparation for union with God. Fasting advocates and claims that the practice can effectively treat serious health conditions, like diabetes, constipation, arthritis and colitis to heart disease and depression. In his practice, he has seen fasting, combined with improving the diet before and afterwards, which eliminates lupus, arthritis and chronic skin conditions like psoriasis and eczema. He says he has also seen fasting heal the digestive tracts of those with ulcerative colitis and Crohn's disease, and lower blood pressure. Fasting followed by a vegetarian diet interferes with the immune system's activities, especially if the immune system is overreacting, as it does with, and other auto-immune diseases. He cites half a dozen studies published in medical journals ranging from the American Journal of Physiology-Endocrinology and Metabolism to the Scandinavian Journal of Rheumatology. Studies published in The Proceedings of the National Academy of Sciences" and "The Journal of Nutrition in 2003' showed that human beings forced to fast every other day, while eating twice the normal amount of food on non-fasting days, had better insulin control, neuronal resistance to injury, and other health indicators than people fed calorie-restricted diets. Fasting may yield psychological benefits as well. I use very brief fasting with my patients to help them cope with stress and depression, says Agnese Barolo, a life coach in contemplative practices in New Rochelle, N.Y. So,

now many are so encouraged that they try longer fasts, she says. There is scientific evidence for the curative powers of fasting, That is a reason every culture in every country has practised some form of fasting for thousands of years. Fasting is not advisable for everyone. But for those whose medical conditions do not respond to other treatments, Fuhrman says, sometimes fasting four to five days a month can help them break to the next level of immune competency. He adds that it will only work if you frame the fast with good nutrition before and after. Fuhrman cautions that certain people should not fast, including: • Pregnant women. • People with wasting diseases or malnutrition. • Those with a history of cardiac arrhythmias. • People with hepatic or renal insufficiency. And anyone who fasts for extended periods should do so only under close medical supervision. "Fasting gives Longer Life". There are hundreds of studies showing that when people are fed fewer calories they live longer, says Fuhrman. Studies on animals ranging from earthworms to monkeys have shown that alternating cycles of fasting and very calorie-restricted diets are a reliable way to extend the lifespan. The excess calories Americans eat, they shorten their lives, says Fuhrman. If you want to live longer, Fuhrman's best advice is to eat healthy and fast periodically. The time may come, Fuhrman says, when not offering to fast, substantially more effective nutritional approach will be considered malpractice. This book "Introduction to Science of Fasting for Healthy Body" is very fascinating and an exasperating with its simplicity and its vastness. The author says that there is no royal road to a perfect understanding of fasting. One can realize its vast extent of diseases and guiding symptoms. In its present compact form, it contains the maximum number of reliable fasting facts in the minimum space.

intermittent fasting and running: Medical Medium Cleanse to Heal Anthony William, 2020-04-21 From the #1 New York Times best-selling author of Celery Juice and Liver Rescue, here's everything you need to know about cleansing to transform your health--and your life. If you think you don't have any need to do a cleanse--if you're sure you couldn't possibly be harboring any toxins in your body--think again. In today's world, there are poisons and pathogens that threaten our health starting before we're even born, and they continue to hold us back as we encounter them in our everyday life. Cleansing is a vital tool for fighting against these burdens--as long as you go about it the right way. That's why you need this book. Anthony William, the Medical Medium, has placed a vast wealth of insight and information into a one-stop resource for cleansing of all kinds, starting with his acclaimed nine-day 3:6:9 Cleanse and expanding into life-saving protocols for specific health needs--including an anti-bug cleanse, a morning cleanse, and a heavy metal detox. You'll discover: How to choose the cleanse that's right for you A deep dive into the causes of your symptoms and conditions Critical cleanse dos and don'ts, including modifications and substitutions The truth about trendy topics such as intermittent fasting and the microbiome A guide to supplements you may choose to add to your cleanse The physical reasons why cleansing can be an emotional experience More than 75 recipes and sample menus to get you through your Medical Medium cleanse Spiritual and soul support to remind you that healing is possible The cleanses in this book speak to what's truly going wrong inside of our bodies that no trendy lifestyle approach can ever address, Anthony writes. Have compassion for yourself and know that your suffering is not your fault. Your struggles are not your fault. You're accomplishing great things every single hour and day as you work on your healing process with the powerful tools in this book. I believe you can heal.

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